

Difficulty Sleeping at Night?

Try



Going to bed about the same time each night, even during weekends

Reading until you feel sleepy if you fail to fall asleep within 20 minutes of retiring to bed

Eating a **light** snack before bedtime, if you feel hungry

Keeping your bedroom at a comfortable temperature

Drinking plenty of fluids during the day, (preferably 8-10 glasses of water) up until three to four hours before bedtime

Remaining active / exercising daily during the day

Relaxation techniques / Taking a warm bath

Drinking a little warm milk or eating half a banana (some believe that food containing melatonin or serotonin may help)

Reducing unwanted noise and light

Getting up once you awaken fully in the morning

Some medications, emotional distress, as well as certain physical conditions (for instance – arthritis, headache, menstrual discomforts, “change of life” symptoms, indigestion, heartburn) may contribute to sleeplessness.

See your personal physician for guidance if you suspect that your medication(s), emotional or physical conditions may be affecting your ability to obtain a good night’s sleep. Not all sleeplessness can be resolved by the simple measures described above.

For more information on sleep, go to www.sleepfoundation.org or www.bettersleep.org .

Avoid

Significant changes in your sleep routine

Tossing in bed when you cannot sleep

Smoking; alcohol; caffeinated beverages; heavy, spicy or sugary foods for several hours before bedtime

Uncomfortable bedding

Drinking excessive amounts of fluid just before bedtime

Exercising strenuously within 2 hours of your bedtime

Worrying about problems at bedtime

Extended naps during the day

Oversleeping, or attempting to return to sleep after fully awake